

Tossed Salad C075

Number of Servings: 75 (45.36 g per serving)

Amount	Measure	Ingredient
4 1/2	lb	Lettuce, iceberg, shredded
1 1/2	lb	Carrots, fresh, grated
12.00	oz	Cabbage, red, fresh, shredded
9.00	oz	Celery, fresh, diced
3.00	oz	Peppers, bell, green, sweet, fresh, chpd

Nutrients per serving

Nutrition Facts

Serving Size (45g)
Servings Per Container

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 0g

Vitamin A 35% • Vitamin C 8%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Prepare vegetables and weigh out as described above and combine.
Serve 1/2 c/serving

May serve larger serving adjusting amounts of ingredients and recipe yield.
In Choice Menu #44 serve with 1 T. Orange Vinaigrette Dressing.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.